

Mail Deposit to:
Bill Dushane
6065 Whispering Lake Drive
Katy, TX 77493

**In addition to riding and pinning
this camp will address:**

- Diet
- Weight Lifting
- Cross Training
- Conditioning

The first 100 applicants are assured a spot!
The cost of the camp is \$175

**A NON-REFUNDABLE \$60 DEPOSIT IS NEEDED
WITH EACH APPLICATION.**

**There are limited numbers.
Send your money today!**

Applicants will be accepted at the door if
enrollment is below capacity.

PLEASE PROVIDE US WITH THE FOLLOWING INFORMATION:

Applicants full legal name:

Past health conditions:

Past Injuries:

Present Health:

Drug Sensitivities:

Other allergies or medical conditions:

Insurance company:

Other health and accident coverage:

Policy Holder _____

I verify that my child has been checked by a licensed physician and is able to participate in all sports camp activities. I agree to allow my child to be treated, if necessary, by a licensed physician while attending this camp and to assume all cost related to such treatment. I authorize my insurance company to pay benefits to student health service or the hospitals. Also, I authorize the disclosure of medical information to my insurance company for the purpose of claim. I understand that if this application is accepted, there is no refund of deposit if (parent and child) should cancel the applicant at a later time.

Parent or guardian signature:

Street Address:

City

Sate

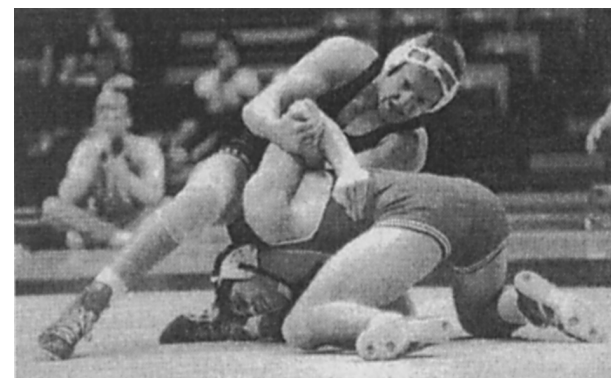
Zip

Home phone:

Applicant's signature/Date

ROYCE ALGER'S
Former Iowa Hawkeye wrestling coach
Presents

IOWA STYLE
TECHNICAL CAMP



Featuring Royce Alger

- 3X STATE CHAMPION
- 3X BIG TEN CHAMPION
- 2X NCAA CHAMPION
- 2X WORLD CUP GOLD MEDALIST
- 2X PAN AMERICAN GOLD MEDALIST
- 1990 WORLD SILVER MEDALIST
- 3X US OPEN CHAMPION
- FORMER ASSISTANT COACH AT
UNIVERSITY OF IOWA

CINCO RANCH HIGH SCHOOL

Katy, Texas

July 27-30, 2009

9 am - 1 pm

K -12th grade

Bill Dushane 281-391-5979

CAMP GOAL AND PHILOSOPHY

Also featuring other Iowa Wrestlings (TBA)



Last year we enjoyed great attendance to this camp. This year we will address down positions, short offence, and numerous pinning techniques. Don't miss your chance to learn the Iowa Style of Wrestling.

Royce will offer many additions to your wrestling repertoire.

"I have wrestled all over the world and learned a lot of things. However, the best techniques I have learned are from wrestlers right here in the USA. Each session will feature a different wrestling position. From Foot Sweeps to Ankle Picks, Pinning to Escapes. *Learn the Iowa Way!*"

Royce Alger

All ages will learn at their own speed. It is a comprehensive camp. It allows kids to pick things up on their own.

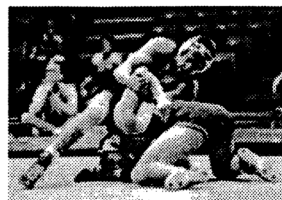
"All ages will benefit!"

CAMP DIRECTOR Royce Alger



Royce Alger en route to one of his 78 straight collegiate wins.

Legendary coaching staff
Jim Zalesky, Tom Brands,
Royce Alger, and Dan Gable.



CAMP FORMAT

Learn the Iowa Style of workouts
"Intense hand fighting"
"Knock-out drills"
"Pummeling matches"
"Gable-style drilling"

Royce Alger was an Assistant Coach at the University of Iowa. He is considered to be one of the best control wrestlers the Hawkeyes have ever had. Come to this fine event and learn all positions the Iowa Way.

Royce is also an active member in the USA Coaching Pool. He travels all over the world coaching athletes at world level events. Don't miss this opportunity to learn from one of America's finest

CONTACT INFORMATION

Host Coach: Bill Dushane

281-391-5979

williamdushane@katyisd.org

Royce Alger Camps

515-226-9394

(515) 306-8159-cell

roycealger@msn.com

APPLICATION

Name _____

SS# _____

Street Address _____

City/State/Zip _____

Name of Parent or Guardian

Telephone - Home: _____

Work: _____

Height _____ Weight _____

Age _____ Sex _____

Birthday _____

Grade next year _____

High School Grad.

Month _____ Year _____

School Attending _____